

ROSSLYN

CULTURE / BUSINESS / RETAIL / COMMUNITY / ACCESS



Getting to know
NCE Artistic Director
Leo Sushansky
CULTURE / PG 4



First movable solar
charger in the region
comes to Rosslyn
COMMUNITY / PG 3



From parkour to
ballet-barre,
Rosslyn gets fit
COMMUNITY / PG 2



New map and
retail guide
available
RETAIL / PG 3

COMMUNITY

Find the Perfect Gift at the Rosslyn Holiday Market

The Second Annual Holiday Market offers a festive and convenient option for finding the perfect gift for everyone on your list. Browse an **all-new** variety of unique and high-quality items from **local and renowned vendors**. As a special treat, at the close of Friday's market, enjoy a small ceremony to light up Rosslyn's properties and skyline.

ROSSLYN HOLIDAY MARKET 1500 WILSON BLVD
FRI, DEC 5 + SAT, DEC 6 / 10AM-6PM



Enjoy refreshments during the lighting ceremony.

GET #HOLIDAYREADY / FRIDAY, DECEMBER 5 + SATURDAY, DECEMBER 6 / 10AM-6PM

SHOPTILY YOU DROP LIGHT UP THE TOP

2ND ANNUAL ROSSLYN HOLIDAY MARKET AND SKYLINE LIGHTING CEREMONY

ROSSLYN

ROSSLYNVA.ORG / HolidayREADY

COMMUNITY

Holiday Clothing Drive

Donate gently used winter coats, sweaters, sweatshirts, hats, gloves, socks and jeans for A-SPAN (Arlington Street People's Assistance Network). Look for a gift-wrapped donation box in your building, or bring your donation to the BID offices.

ROSSLYNVA.ORG 1911 N FT MYER DR
THROUGH DEC 12



RETAIL

Rosslyn Gets Cheesy

Rosslyn is fast becoming the pizza capital of Arlington with the addition of two pizza places at opposite ends of the neighborhood. **SpinFire Pizza**, offering personal pizzas cooked in less than two minutes, is opening any day now in the same building as Heavy Seas Alehouse and Roti Mediterranean Grill. The fast-casual restaurant, co-owned by Washington Redskins receiver Pierre Garçon, will serve beer and wine, as well as salads and gelato. Meanwhile, **Wiseguy NY Pizza** plans to open in early 2015 in the former Quizno's location on Lynn St. The shop will offer a variety of specialty New York-style pizzas, mostly sold by the slice, garlic knots, meatballs, salads and Italian desserts, such as tiramisu and cannoli.

SPINFIRE PIZZA 1501 WILSON BLVD
WISEGUY NY PIZZA 1735 N LYNN ST



COMMUNITY

Escape Plan

The **Plaza on 19th** is Rosslyn's newest public space. With ample seating and just the right amounts of sun and shade, it's the perfect spot to escape for lunch or coffee with friends. The plaza is near the Circulator bus stop.

PLAZA ON 19TH 19TH + N MOORE STS
MORE ABOUT THE PLAZA ON 19TH ON PG 3



CULTURE

Improvised Shakespeare

The **Improvised Shakespeare Company** returns to Artisphere this December with their hilarious brand of Elizabethan stagecraft. Based on audience suggestion (a title for a play that has yet to be written) the troupe create an improvised play using the language and themes of William Shakespeare: star-crossed lovers, sprites, kings, queens, sword play, persons in disguise. Nothing is planned out, rehearsed or written, and each play is entirely new.

ARTISPHERE 1101 WILSON BLVD
FRIDAY, DEC 5 + SATURDAY, DEC 6 / 7PM + 9PM



ARI SCOTT

MORE INSIDE!

FEATURE STORY



COMMUNITY

Get Fit, Rosslyn!

With state-of-the-art fitness facilities, access to trails and parks, and frequent, low-cost exercise classes in Gateway Park, Rosslyn offers a variety of options for getting in shape, many of them in step with 2014's top fitness trends. Read on to learn more about a handful of ways you can be part of a healthy, active Rosslyn.

New Indoors

Orangetheory Fitness and Lava Barre are Rosslyn's newest fitness facilities.

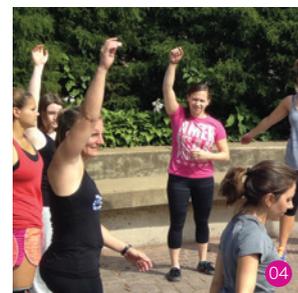
Located at 1776 Wilson Blvd., **Orangetheory Fitness** is a heart-rate-based interval training program that incorporates treadmills, indoor water rowing machines and weight training to provide clients with a total body workout. Clients exercise in groups and wear heart-rate monitors throughout the workout to optimize their results. With the help of a personal trainer, they keep their heart-rate in a target zone that stimulates metabolism and increases energy. "You get motivation, support, energy and accountability from working out in a group setting," says owner **Mark Steverson**. "It's fun and effective!"

Lava Barre, coming soon to 1528 Clarendon Blvd., is known for barre workouts, which combine ballet-barre, Pilates, cardio and strength training. Co-owners **Lauren Price** and **Vanessa Ligorria** say their new Rosslyn studio will also offer yoga, TRX resistance training and cycling. "Clients will be able to choose from multiple classes and cross-train with one package at our beautiful new facility," they say.

Great Outdoors

For those who prefer the great outdoors, Rosslyn offers access to bike lanes and trails, most notably the **Custis and Mount Vernon trails**, both easily reached via N. Lynn St. and Fort Myer Drive. **Erin Potter** of

Reverse warrior in Gateway Park



BikeArlington cites one of her favorite statistics about cycling to incentivize those who'd like to give it a try: The average bike commuter loses 13 pounds in the first year of biking to work.

Also in Rosslyn, parkour is a great option for those who enjoy the camaraderie of group fitness but like being outside. Gateway Park is usually the site of a **Women's Parkour Meetup** the first Saturday of every month. **Kate Miller**, who organizes the meetup, characterizes parkour as being a bit like "gym meets recess." She stresses that the workouts are for everyone, not just those with a particular fitness background.

"As with any fitness activity, there is safety in progression," she says. "So, starting wherever you are, you set a goal and work toward it, whether it's vaulting over a table, climbing up a wall or jumping from one curb to the next. There's always a way to challenge yourself both physically and mentally." Learn more about Women's Parkour Meetups at americanparkour.com/women/meetups/.

And this spring, as in previous years, the Rosslyn BID will offer **outdoor fitness classes in Gateway Park**. Stay tuned for details on our plans for this year.

What do you do to stay fit in Rosslyn? Tweet @RosslynVA and let us know.

MORE FITNESS INFO ONLINE: ROSSLYNVA.ORG/RETAILMAP

- 01 Lava Barre
- 02 Orangetheory Fitness
- 03 Bike Trails
- 04 Women's Parkour



There is safety in progression.
Starting wherever you are, you set a goal and work toward it.

-Kate Miller
WOMEN'S PARKOUR MEETUP

COMMUNITY SPOTLIGHT



COMMUNITY

Rosslyn Hosted Finish Festival at 39th Marine Corps Marathon

After completing the 26.2-mile run through the D.C. area on October 26, runners enjoyed a live D.J., a variety of vendors and food trucks on N. Moore St., a family link-up area and other fun activities. The MCM is the **third-largest marathon** in the United States.

MARINE CORPS MARATHON FINISH FESTIVAL WILSON BLVD + N MOORE ST
ROSSLYNVA.ORG/MCM



Runners discarded layers of clothing that Rosslyn BID ambassadors collected for A-SPAN.



BUSINESS

Bright Horizons Offers Top-Notch Childcare

Bright Horizons at Rosslyn offers **early education and preschool programs** for children from birth through age six. Highlights of the clean, sunny and spacious center's offerings include: indoor and outdoor active play areas; catered nutritious meals; developmentally ready potty training; and easy parent drop-off.

BRIGHT HORIZONS AT ROSSLYN 1300 WILSON BLVD
BRIGHTHORIZONS.COM/ROSSLYN



Bright Horizons' curriculum is adapted to children's needs.



COMMUNITY

The Region's First Movable Solar Charger Comes to Rosslyn

In September, the Rosslyn BID introduced the region's first-ever movable solar charger for mobile devices at the **Plaza on 19th**. Developed for the Bryant Park Corporation in New York City, the unit is powered by the sun and equipped with six charging cables that work with most devices.

PLAZA ON 19TH 19TH + N MOORE STS
ROSSLYNVA.ORG/PLAZAON19TH



The charger's table top design allows you to pull up a chair and charge your phone.

NOTEWORTHY

COMMUNITY

Jazz Festival Critically Acclaimed

The 24th Annual Rosslyn Jazz Festival, held September 6 in Gateway Park, attracted nearly 8,500 people. The *Washington City Paper* called it, "something really special ... a slice of cutting-edge jazz possibilities for locals."



COMMUNITY

Rosslyn BID Launches New Blog

Earlier this fall, the Rosslyn BID launched a new **blog**. It's another way we hope to communicate with the residents, workers and business people who make Rosslyn tick. To read the latest, visit rosslynva.org/blog.



RETAIL

Map + Retail Guide

A new **map and retail guide** providing information on Rosslyn restaurants, retail, business services and more was published in September. Download a PDF from RosslynVA.org, or pick one up at the BID office.



COMMUNITY

By the Numbers: Top Film Fest Flicks

This summer's **Rosslyn Outdoor Film Fest** in Gateway Park offered twelve great movies about office life. Here are the films that attracted the largest audiences:

THE INTERNSHIP	1,500
THE DEVIL WEARS PRADA	1,400
OFFICE SPACE	1,300

COMMUNITY ANNOUNCEMENTS

COMMUNITY

MOBILE INFO CARTS PART OF EXPANDED HOSPITALITY PROGRAM

As part of a broader effort to increase hospitality services, earlier this month the BID's purple-shirted ambassadors began manning a new **mobile information cart**. Stocked with relevant maps and brochures, the cart makes it easier for people to find their way around the neighborhood and access Rosslyn's growing number of events, amenities and attractions.

BUSINESS

CARR WORKPLACES WORKACCESS

If you need a quiet space where you can work for a few hours each day and access business services, Carr Workplaces, located at 1001 19th St. N. in Rosslyn, has the answer. With their **WorkAccess Touchdown** product you can sit in an unreserved seat for up to three business hours a day for only \$35 per month. As a Carr Workplaces member, you'll also get discounts on meeting rooms, offices, virtual offices, administrative help and other services. For details, visit carrworkplaces.com/workaccess.

COMMUNITY

ROSSLYN WALKS TO END VETERAN HOMELESSNESS

Earlier this month, the Rosslyn BID and other members of the community joined **A-SPAN** (Arlington Street People's Assistance Network) for a one-mile lunchtime walk through the neighborhood. Throughout the walk, A-SPAN case managers and outreach workers offered insights and information on what the community is doing to help get people into housing and access the help they need. This year's walk highlighted the plight of homeless veterans, who make up around 12 percent of the nation's adult homeless population.

BUSINESS

CEB WILL BE MARQUEE TENANT AT CENTRAL PLACE

The global headquarters for CEB will be located at Central Place, 1201 Wilson Blvd. **Gov. Terry McAuliffe** attended the groundbreaking for the CEB Tower in September. CEB will occupy 15 floors of the skyscraper and bring 800 new jobs to Virginia. The expected completion date for the project is 2018.

UPCOMING EVENTS

● ARTS ■ MUSIC ▲ FAMILY ● BUSINESS ● COMMUNITY ✦ FREE

<p>#GIVINGTUESDAY TUE/ALL DAY Donate to local Arlington charities like A-SPAN. Bring gently used winter clothing to the Rosslyn BID office.</p> <p>A-SPAN Ending Homelessness in Arlington</p> <p>▲ ● 12/2</p>	<p>IN THE CAPITAL'S 50 ON FIRE THE HOWARD THEATER THURS/7-10PM Recognizing inventors, disrupters and luminaries, 50 on Fire celebrates visionary individuals and companies across all industries.</p> <p>● 12/4</p>	<p>ROSSLYN HOLIDAY MARKET + SKYLINE LIGHTING 1500 WILSON BLVD FRI + SAT/10AM-6PM Shop 'til you drop. Find a perfect holiday gift. Relax & enjoy the fun and food. Skyline lighting on Friday.</p> <p>▲ ● 12/5, 12/6</p>	<p>ROSSLYN HOLIDAY CLOTHING DRIVE BUILDING LOBBIES + ROSSLYN BID DAYTIME Donate gently used winter clothing for A-SPAN.</p> <p>● ▲ THROUGH 12/12</p>
<p>WREATHS ACROSS AMERICA ARLINGTON NATIONAL CEMETERY SAT/9:30AM-3PM Volunteer to lay wreaths on the headstones of fallen soldiers.</p> <p>▲ ● 12/13</p>	<p>GRUMP AT ARTISPHERE: SUPERSIZED 1101 WILSON BLVD SUN/11AM-5PM The best-ever alternative arts and crafts holiday show.</p> <p>● ✦ ▲ ● 12/14</p>	<p>NATIONAL CHAMBER ENSEMBLE HOLIDAY CONCERT SPECTRUM THEATRE 1611 N KENT ST SUN/4:30PM \$30</p> <p>● ▲ 12/14</p>	<p>HANUKKAH BEGINS Happy Holidays! 12/16</p>
<p>CHRISTMAS DAY Happy Holidays! 12/25</p>	<p>NEW YEAR'S EVE PARTY PIOLA, 1550 WILSON BLVD WED Celebrate New Year's Eve with specials all night.</p> <p>▲ ● 12/31</p>	<p>NEW YEAR'S EVE 12/31</p>	<p>WASHINGTON WINE ACADEMY TASTING EVENT 1500 WILSON BLVD SAT/3:30-6:30PM + 7:30-10:30PM/PRICE TBD Wine and beer tastings. Food provided by Rosslyn restaurants. GREAT VALENTINE'S DATE IDEA</p> <p>● ▲ 2/14</p>
<p>VALENTINE'S DAY SPECIALS AT PIOLA 1550 WILSON BLVD SAT</p> <p>▲ ● 2/14</p>	<p>NATIONAL CHAMBER ENSEMBLE: THE THREE B'S FOR THREE SPECTRUM THEATRE 1611 N KENT ST SAT/7:30PM/\$30</p> <p>▲ ● 3/14</p>	<p>D.C. ANTIQUE PHOTO SHOW IN ROSSLYN HOLIDAY INN ROSSLYN 1900 N FORT MYER DR SUN/10AM-4PM</p> <p>▲ ● 3/15</p>	<p>URBAN ARIAS: BLUE VIOLA ARTISPHERE 1101 WILSON BLVD FRI + SAT/8PM SUN/2PM/\$28</p> <p>▲ ● 3/20-3/29</p>

RESTAURANT SPECIALS

<p>PROMO: CONTINENTAL HAPPY HOUR 1911 N FORT MYER DR MON-FRI/5-8PM SAT-SUN/6-9PM \$3 Bud Light, Shiner, Northern Lights IPA + Yuengling. \$4 rail drinks.</p> <p>● DAILY</p>	<p>PROMO: CAFÉ ASIA SUSHI HAPPY HOUR 1550 WILSON BLVD MON-SAT 4-7:30PM \$1/pc nigiri sushi, \$2/pc sashimi, 20% off sushi rolls (except special maki). Ask about drink specials.</p> <p>● MON-SAT</p>	<p>PROMO: PIOLA'S LUCKY GNOCCHI DAY 1550 WILSON BLVD All-you-can-eat gnocchi with a variety of sauces.</p> <p>● 29TH OF EVERY MONTH</p>	<p>PROMO: 100 MONTADITOS HAPPY HOUR 1776 WILSON BLVD MON-FRI/4-7PM \$2 domestic beer and half-price imported beer and sangria.</p> <p>● WEEKDAYS</p>
<p>PROMO: HEAVY SEAS ALEHOUSE HAPPY HOUR N OAK ST AT 18TH MON-SUN/3-7PM Ask about daily drink specials.</p> <p>● DAILY</p>	<p>PROMO: RED HOT & BLUE HAPPY HOUR 1600 WILSON BLVD MON-SUN/3:30-6:30PM Half-price appetizers and draft beer.</p> <p>● DAILY</p>	<p>PROMO: KEY BRIDGE TERRACE HAPPY HOUR HYATT 1325 WILSON MON-SAT/4-7PM Special food + drink menu.</p> <p>● DAILY</p>	<p>PROMO: QUARTERDECK HAPPY HOUR 1200 FORT MYER DR MON-FRI/3-6PM Ask about drink specials.</p> <p>● WEEKDAYS</p>

MORE EVENT INFO ONLINE: ROSSLYNVA.ORG/EVENTS

ACCESS EVEN MORE ROSSLYN INFO ONLINE: ROSSLYNVA.ORG

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CULTURE



Five Minutes with Leo Sushansky

MICHAEL STEWART

Leonid ("Leo") Sushansky is a critically acclaimed violinist and the artistic director of the **National Chamber Ensemble**, Artisphere's ensemble-in-residence. He sat down with the Rosslyn BID recently to talk about NCE's 2014-2015 season, his experiences as a performer, and what he does outside of work.

Rosslyn: What excites you most about NCE's 2014-2015 season?

LS: We have some wonderful collaborations this year. Coming up soon is our annual holiday concert. We invite young musicians to join us and end the evening with a carols sing-along. In March, we're collaborating with Bowen McCauley Dance. Lucy Bowen McCauley is choreographing one of the most famous works by J.S. Bach. And on Valentine's Day, we're doing an all-Tchaikovsky performance.

R: How did you get interested in the violin?

LS: My mom is a professional violinist. I was on stage before I was born, so I guess you could say I had a pre-birth music education.

R: What do you like most about it?

LS: The violin is the instrument closest to the human voice, and I love the expression it creates. I love moving people with music and telling stories through words and music.

R: How much do you practice?

LS: Being a musician is like being an athlete. To be in good form, you must work out each day. If I have a major performance coming up, I practice 3-5 hours a day. You can't practice continuously, so it takes all day to do this. It's like another job.

R: What do you do for fun?

LS: I love going to the movies and the theater. I love the arts, in general. I rollerblade, too.

R: Anything else you want to share?

LS: My dream to found NCE was inspired by my love of musical performance and theater. I wanted performances to be fun, intimate and educational, and on a very high level. As I start my eighth season with NCE, I'm thankful to this community for being so supportive of my dream.



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